

*E-40*

*ELLIPTICAL MACHINE*



**USER MANUAL**

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# 1 INTRODUCTION

Bodyguard Fitness is dedicated to designing and manufacturing the very best performing fitness equipment on the market. This manual outlines the operational information, safety precautions, basic maintenance requirements and service guidelines for your piece of Bodyguard Fitness equipment. To ensure that you get the maximum benefit from your equipment, we recommend that you read this manual carefully before attempting to assemble and use your elliptical.

If you require service for your equipment, be prepared to provide your machine's 10-digit serial number. You will find the 10-digit serial number printed on a plate that is attached to the frame of the unit as well as on the Warranty Registration Card. Please fill out the grid below so the information is easily accessible if required in the future.

Product Name (e.g. E-40 Elliptical)	
Model Number (F16672400)	
10-Digit Serial Number	
Date of Purchase	
Dealer Store Name	
Dealer Phone Number	

## 1.1 PRODUCT WARRANTY

It is important that you register your purchase with Bodyguard Fitness within 30 days of the purchase date so your product's warranty is activated. Product warranties are not transferrable so to avoid delays if warranted service is required please register your product immediately at [www.bodyguardfitness.com](http://www.bodyguardfitness.com) by clicking on "Customer Service" in the top menu then "Warranty Registration" and completing the online form. Alternatively, you may fill out the warranty registration card that came with your unit and mail it to the address on the card.

**IMPORTANT** – If you omit to send your warranty card to Bodyguard Fitness or register online within 30 days of the date of purchase then you will be required to send Bodyguard Fitness proof of purchase before receiving any warranted parts or service.

The product warranty is described in detail on the product warranty sheet found in your documentation package. You may also see a complete copy of this document at [www.bodyguardfitness.com](http://www.bodyguardfitness.com) Read the product warranty information carefully and note the information covering wear items and the owner's responsibilities to general maintenance.

## 1.2 BODYGUARD FITNESS CONTACT INFORMATION

Bodyguard Fitness  
9095, 25th Avenue Saint-Georges, Quebec, Canada, G6A-1A1

Customer Service:	1-888-407-3784	<a href="mailto:customerservice@bodyguardfitness.com">customerservice@bodyguardfitness.com</a>
Sales:	1-800-373-2639	<a href="mailto:sales@bodyguardfitness.com">sales@bodyguardfitness.com</a>
General Information:	1-418-228-8934	<a href="mailto:info@bodyguardfitness.com">info@bodyguardfitness.com</a>

## 2 IMPORTANT SAFETY INSTRUCTIONS

To ensure that you get the maximum benefit from your equipment, we recommend that you read this manual carefully before attempting to assemble and use your elliptical machine. Save this document and refer back to it if you are unfamiliar with the operation of the machine.

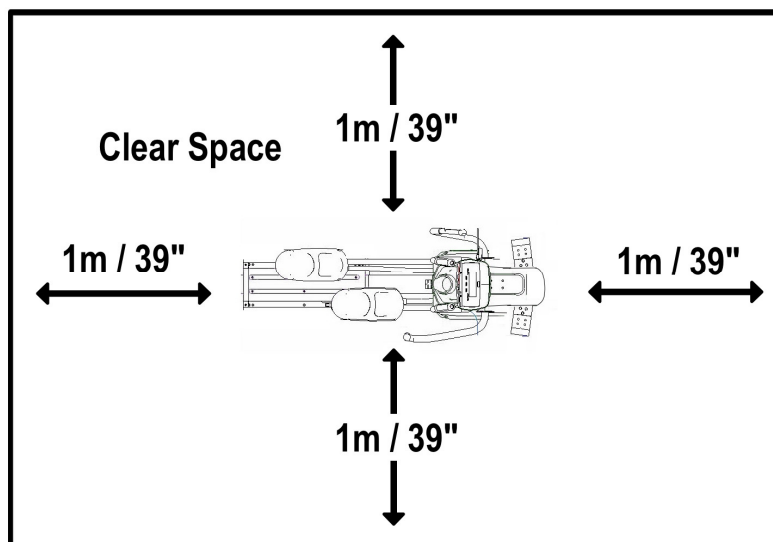
**Use of this equipment by people with heart or other medical problems may result in serious injury. Consult your physician before using this equipment and continue to do so periodically as you continue to use this equipment. Cease exercising immediately if you feel dizzy, faint or shortness of breath.**

**Using this equipment improperly or in a manner other than that prescribed in this manual may result in serious injury.**

This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.

Any changes or modifications to this equipment could void the product warranty. Refer servicing to qualified Bodyguard Service personnel only. If you have any questions about the assembly, proper use or repair of your equipment, please contact Bodyguard Fitness Customer Service. An Authorized Bodyguard Fitness Dealer must make any necessary repairs during the warranty period.

Always maintain a clear space around the machine of at least 1 meter (39 inches) on all sides. Do not box in the equipment or place it up against walls, furniture or obstacles and avoid the possibility of bystanders making contact with the user or the equipment. Place the equipment in such a way that the power can be easily disconnected.



**WARNING - TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK OR INJURY:**

- Do not expose this machine to rain or moisture. Do not install the machine outdoors or near swimming pools, sauna rooms or high humidity environments. Ensure the room temperature is between 15°C & 35°C and the humidity is between 30% and 70%. Using your equipment in conditions outside this range may affect some functionalities and/or your warranty
- Always install the equipment on a stable base and ensure it is properly levelled.
- Keep machines with a power cord away from all moving parts of the machine as well as the front transport wheels.
- Do not run power cords under or along the side of any machine. Do not use any power cords that are damaged or have been pinched or even partially immersed in water; contact your service provider or the manufacturer to have it replaced.
- Do not allow use of the equipment by unsupervised children or persons with reduced physical, sensory or mental capabilities, or people lacking experience or knowledge of the equipment.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening. If an object should drop inside, turn off any power switches and unplug any power cords from the outlet before attempting to retrieve it.
- Do not place liquids of any type on or near the unit.
- Do not exceed the maximum user weight as outlined in the product specifications.
- Allow only one person at a time on the machine.
- Keep all loose clothing, shoelaces, towels or other loose materials away from moving parts.
- Do not allow other people to interfere with the user or equipment during a workout.
- When disconnecting power cords always turn the power switch off first then gently remove the plug from the wall outlet. Never pull the power cord by the cable.
- Allow only trained personnel to service this equipment.

**DANGER** – Improper connection of the equipment can result in a risk of electric shock. Do not modify any plugs provided with Bodyguard products – if the supplied plug does not fit the outlet, have a proper outlet installed by a qualified electrician.

120 V Units are designated for the North American Market.

The power outlet must have the same configuration as the plug. No adapter should ever be used.

If using an extension cord ensure it is 14 gauge or thicker.

**IMPORTANT: THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR THE E-40 ELLIPTICAL IS 150 KG (330 LB).**

## AVIS DE SÉCURITÉ

Afin de profiter au maximum des caractéristiques techniques de votre appareil, nous vous recommandons de **lire attentivement ce manuel d'instructions avant d'entreprendre l'assemblage ou l'utilisation de votre équipement**. Conservez ces instructions et reportez-vous au manuel si vous n'êtes pas familier avec le fonctionnement de l'appareil.

L'utilisation de cet appareil peut provoquer des blessures graves chez les personnes souffrant de troubles cardiaques ou d'autres problèmes de santé. Il est recommandé de consulter un médecin avant d'utiliser cet appareil. Il est aussi recommandé de consulter régulièrement un médecin si vous décidez de poursuivre l'entraînement. **En cas de vertiges ou d'étourdissements, de pertes de conscience ou d'essoufflements, cessez immédiatement l'exercice.** L'utilisation inadéquate de cet appareil ou une utilisation autre que celle indiquée dans le manuel d'instructions peut entraîner des blessures graves.

Cet appareil n'est pas destiné à être utilisé par des enfants ou des personnes dont les capacités physiques, sensorielles ou mentales sont réduites, ou par des personnes manquant d'expérience et de connaissances à moins qu'elles n'aient été formées et encadrées pour l'utilisation de cet appareil par une personne responsable de leur sécurité.

**CONDITION D'UTILISATION** – Votre équipement Bodyguard est conçu pour être utilisé dans un environnement intérieur où la température ambiante se situe entre 15°C et 35°C et l'humidité relative ne dépasse pas 70%. L'usage de votre appareil en dehors de ces paramètres peut altérer le bon fonctionnement de celui-ci et affecter sa garantie.

Toute modification à cet appareil pourrait annuler sa garantie. Confiez l'entretien à une personne qualifiée. Si vous avez des questions sur l'assemblage, l'utilisation ou la réparation de votre équipement, contacter le service à la clientèle de Bodyguard Fitness. Seulement un détaillant autorisé Bodyguard Fitness doit faire les réparations lorsque nécessaires pendant la période de garantie.

**POUR VOTRE SÉCURITÉ PERSONNELLE** – Afin de prévenir les risques d'incendies, de brûlures, de blessures ou de chocs électriques :

- Toujours installer l'appareil sur une surface stable et correctement nivelée.
- Respecter le poids maximum de l'utilisateur tel qu'indiqué dans les spécifications du produit.
- Ne pas déposer de serviettes ni de vêtements sur l'appareil.
- Ne placez pas de liquide près de l'ordinateur.
- Gardez une superficie de 1 mètre libre de toute obstruction autour de l'appareil en utilisation.
- Faites toujours face à l'ordinateur lors de l'utilisation et jamais plus d'une personne à la fois doit utiliser l'appareil.
- Ne pas insérer d'objets dans les ouvertures de l'appareil.

**ATTENTION** – Afin de prévenir les risques d'incendie ou de chocs électriques, l'appareil ne doit pas être exposé à la pluie ou à l'humidité. L'entretien doit être effectué **UNIQUEMENT** par une personne qualifiée, spécialisée dans les équipements de marque Bodyguard. Tous les ajustements ou réparations nécessaires pendant la période de garantie doivent être faits par un distributeur Bodyguard agréé.

# 3 GETTING TO KNOW YOUR ELLIPTICAL

## 3.1 E-40 ELLIPTICAL



### Safety Tip:

When getting onto the elliptical, rotate the pedal on the side you are standing to its lowest point and hold that side's swinging arm for stability with one arm while stepping up onto the pedals and reaching out for the other swing arm with the opposite hand. When dismounting the elliptical always leave on the side with the pedal in the lowest position.

### 3.2 E-40 CONSOLE

The E-40 elliptical features a battery powered LCD display with an animation center surrounded by information windows showing the parameters of the exercise under way.



### 3.3 E-40 CONSOLE BUTTONS / FEATURES

Note: The console will enter into a SLEEP mode (for power-saving purposes) after 4 minutes of receiving no RPM or Heart Rate signal input. Press any button to awaken the console.

There are 3 buttons on the console; RECOVERY, RESET and the large rotating GO/ENTER button. These buttons can perform various functions depending on the menu or status of the machine.

**GO/ENTER:** The Go/Enter button rotates clockwise and anti-clockwise to scroll through program settings, increase or decrease values and can be pressed to confirm selections or values inputted into the console.

During program setup if the user begins pedaling the workout will skip any unanswered program setup questions and begin the workout on the screen at that time.

#### **RECOVERY:**

Press this button to commence a Heart Rate Recovery Test. To learn more about the Heart Rate Recovery Test see Section 3.7.

**RESET:** Press and hold the reset button for 2 seconds to clear all data and reset the console.



### 3.4 DISPLAY PARAMETERS

Parameter	E-40
Calories	✓
Distance	✓
Pulse (Heart Rate)	✓
Revolutions per Minute (RPM's)	✓
Speed	✓
Time	✓

### 3.5 PARAMETERS GLOSSARY

**CALORIES:** Indicates an estimation of your total caloric expenditure from the start of the workout or the amount of calories left if a calorie goal was preset. Ranges from 0 to 9999.

**DISTANCE:** Displays the total distance completed in meters since the start of the workout or the amount of distance left if a distance goal was preset. Ranges from 0 to 99,500m (99.5km).

**PULSE:** Displays your current heart rate in beats per minute via the contact heart rate sensors.

**REVOLUTIONS PER MINUTE (RPM):** Displays the pedal rotation rate per 60 seconds. For cadence (steps per minute) simply double the RPM value.

**SPEED:** Displays an estimation of the speed based on the RPM's.

**TIME:** Indicates the amount of time accumulated from the start of a program or the amount of time left if a time goal was preset. The time will range from 0 to a maximum of 99 minutes.

### 3.6 MEASURING YOUR HEART RATE

**WARNING** – Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint or dizzy, stop exercising immediately.

Your Bodyguard Fitness E-40 elliptical can display your heart rate (pulse) if you grip the contact heart rate sensors while pedaling. When the equipment detects your heart rate a small heart begins to flash on the display and after a short period of time if the reading is consistent a value will appear.

Before you begin a workout ensure you know your approximate Maximum Heart Rate (MHR). An approximate of your Maximum Heart Rate is calculated as follows.

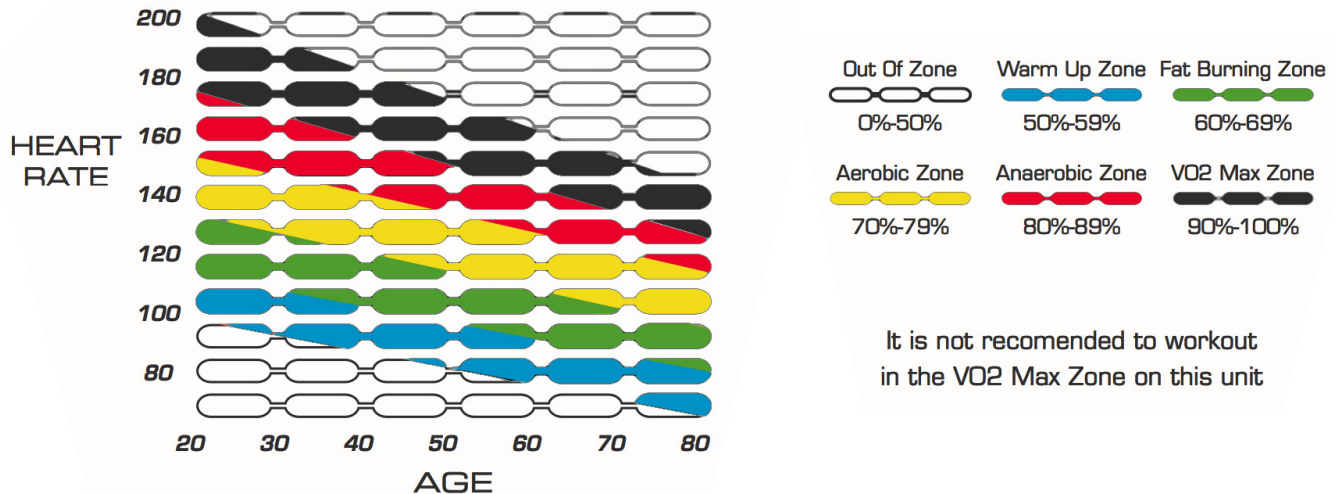
$$\text{MHR} = 220 - \text{Age}.$$

To determine your recommended heart rate level and help select the correct type of exercise program you wish to follow, **see the graphic below.**

**WARNING:** Your heart rate should never exceed 90% of your Maximum Heart Rate.

## HEART RATE ZONES

Maximum Heart Rate = 220 - Age



When setting up your workout, you may input a Maximum Heart Rate into the Pulse parameter and the console will beep when you exceed it warning you that you are over-training.

### 3.7 HEART RATE RECOVERY TEST

The Heart Rate Recovery Test is a protocol that tests the heart's ability to recover from exercise, which is a key component of heart health and general fitness. The rate of the heart's recovery is scaled from F1 to F6 with F1 being the best result and F6 being the worst result. In order to get a more accurate rate, users should complete the test after intense exercise where their pulse was at a consistent level for at least 2 minutes. Once the Recovery button is pressed the user should grip the contact heart rate bars, stand still and relax and the console will monitor the range and speed that the user's pulse recovers (drops) for a period of 1 minute. After 1 minute is up, the result is displayed on the console.

#### Results:

F1 = Excellent Recovery Rate, a good indicator of cardiovascular fitness

F6 = Poor Recovery Rate, the heart is taking an above average amount of time to return to its rest level.

The test may be cancelled at any time by pressing the RESET button.

### 3.8 EQUIPMENT TRAINING BENEFITS

#### Upper Body:

Deltoids, Biceps Brachia, Triceps Brachia, Brachioradialis, Hand and Finger Flexor Muscles.

#### Lower Body:

Brachial Quadriceps, Sartorius, Adductor Longus, Gluteus Maximus, Anterior Tibial and Gastrocnemius.

#### Whole Body:

General muscle and tendon strength and tolerance, circulation and metabolism.

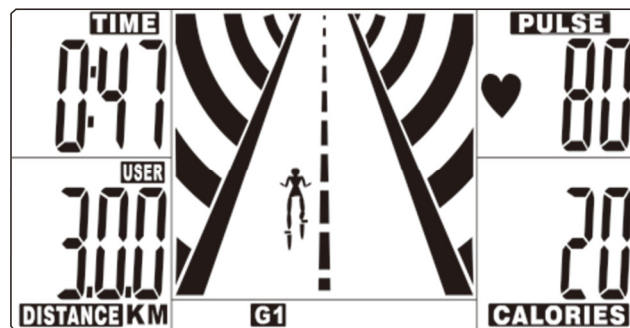
## 4 EXERCISE PROGRAMS

A program is a series of preset workout parameters that are controlled by the console. The programs monitor exercise progress and statistics while adding fun, interest and variety to a workout. The E-40 elliptical has 4 program options that allow the user to set workout goals or to race against a computer competitor at three different levels. To choose a program, simply turn the Go/Enter button when at the main menu and the program names (G1 to G4) will scroll across the bottom of the screen. Press the enter buttons to select the desired program and enter any parameters if necessary.

The E-40 elliptical is fitted with a manual resistance knob that the user turns clockwise to increase resistance (simulates hill-climbing) or anti-clockwise to decrease resistance at any time.

### 4.1 G1 (Manual)

The G1 program allows users to set one or multiple workout goals from Time, Distance, Calories or Pulse prior to commencing the workout. A Time, Distance or Calories parameter that has been preset will count down to zero and beep for 8 seconds once achieved (press any button to stop the beeper) then the parameter will begin counting upwards if the user continues exercising. A preset Pulse parameter between 30 and 199 can be set and will beep once achieved and keep beeping if the detected heart rate stays above the preset value.



Note: The cycling animation will move forward once every 0.1km/mile.

### 4.2 G2, G3 & G4 (Racing Modes)

The G2, G3 & G4 programs are preset racing modes where the user competes against the console (PC). Each of the 3 programs has a fixed race time of 20 minutes and preset RPM/speed profiles for the PC.

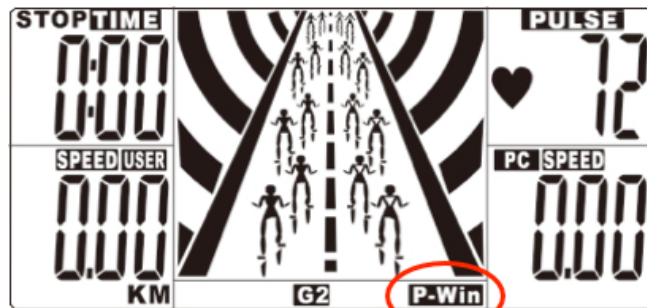
**Table 1: Preset RPM values for each minute. G2 is the slowest competitor and G4 is the fastest.**

Time (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
G2 (RPM's)	30	40	40	50	60	70	60	50	40	40	40	40	40	50	60	70	55	50	40	40
G3 (RPM's)	40	40	50	50	60	60	70	70	80	80	90	80	80	80	70	70	56	60	50	50
G4 (RPM's)	50	80	90	100	50	80	90	100	50	80	90	100	50	80	90	100	57	80	90	100

The goal of each program is for the USER (left animation) to have completed at least 60% of the PC's work (right animation) when the 20 minutes is up. When an animation is moving up the screen and getting smaller it indicates that it is in front of the other animation. The higher and smaller it gets, the further in front it is.



When the time reaches zero, STOP will appear in the top left corner of the console and it will beep for 8 seconds. If the user has completed at least 60% of the PC's work, then the console will display “U-Win”. On the contrary, the console will show “P-Win” if less than 60% of the PC's work is completed.



# 5 GENERAL MAINTENANCE

Bodyguard Ellipticals have been designed to provide many years of quality use. However, in order to maintain product safety, performance and to maximize the life of the product, some general maintenance should be performed periodically.

Please note that general maintenance is the responsibility of the owner and is not covered by the product's labor warranty, which only covers labor costs related to the diagnosis and repair of parts damaged due to defects in materials and workmanship. For more information on the product's warranty, visit [www.bodyguardfitness.com](http://www.bodyguardfitness.com).

## 5.1 GENERAL MAINTENANCE TIMETABLE

Note: Many people choose to complete all stages of general maintenance themselves, however, most specialty fitness dealers and service providers offer maintenance services if you wish to pay for an experienced technician to complete the following.

### After each workout:

- Wipe down the elliptical using a mild, non-abrasive liquid cleanser applied with a soft, cotton cloth. Do not spray cleansers directly on the unit or use an excessively wet cloth.

### Every month:

- Clean the area underneath the elliptical of any built-up dust or debris. This prevents it from getting onto the aluminum rails where it can cause issues such as noisy wheels.
- Check the elliptical is level and that there is no rocking. Excessive rocking may cause damage to bearings in the machine.
- Clean the aluminum tracks and wheels of any debris using a clean cloth and a mild, non-abrasive liquid cleanser.
- Check the wheels for any debris, pits or bumps that can cause noise or vibration.

### Every 6 months or as necessary:

- Clean the aluminum rails and wheels thoroughly and dry. Apply an even amount of lubricant to the aluminum rails and roll the wheels back and forth to spread it evenly.
- Replace console batteries to keep the monitor in good working condition.  
Note: Remove batteries before long periods of disuse to prevent battery acid leakage.
- Check all frame screws are securely tightened.
- Check the smoothness of moving parts.  
Note: Do not apply any lubricant to where the Swing Arm joins the Main Frame.
- Check the drive belt tension by attempting to make it slip by pedaling in short/sharp bursts. If it is too loose you will feel the belt slipping on the pulleys and creating a jerking feel. If manually adjusting the drive belt note that the correct drive belt tension should allow it to be turned 90 degrees with the hands. Do not over tighten the drive belt or you may cause damage to the pulley or flywheel bearings and prematurely wear your drive belt.
- Check if the brake pad is worn out by rotating the flywheel and listening for a scraping sound and inspecting the top face of the flywheel for minor scratches being etched in by the metal brake pad bracket. Replace the brake pad as necessary.

# 6 TROUBLESHOOTING PROBLEMS

The following information is provided as a guide to solving common problems that may arise. Read your warranty information carefully to have a clear understanding regarding what is covered.

## 6.1 COMMON NOISES

There are different types of noises that can be heard from an elliptical depending on the workload, age and condition of the equipment. Ellipticals do have a lot of moving components creating operational noise but if you feel there is a noise over and above what is considered normal then diagnosing the cause of noises can be made easier by taking a simple step-by step approach.

- 1) What type of noise is it? Is it a loud banging or knocking sound or does it sound more like something rattling due to vibration or something being loose. Is it a constant rubbing sound where two things are in permanent contact or a clicking sound where there is a frequency to the contact? What type of materials does it sound like are causing the noise, metal, plastic or something synthetic?
- 2) Attempt to understand the noise by trying to replicate it under different circumstances such as pedalling fast, pedalling slow and even when the elliptical is stopped. Does the noise volume or frequency increase when you pedal faster? Does it only occur when you pull or lean on the swing arms, contact heart rate bars or when you only pedal on one side of the elliptical? Can you replicate it when the elliptical is stopped or just when the pedals/swing arms are moving?
- 3) Attempt to isolate the location of the noise? Is it at the front or back of the elliptical? Is it isolated to the rear frame or is it something in the main frame or swing arms. Remove the shrouds and see if the volume increases indicating it may be related to a component inside the unit. Safely place your hands on parts of the elliptical to see if you can isolate the noise to that area or feel vibration.

Once you have a good understanding of the type of noise and how it changes based on or actions you can look at the nearby components to see a cause. Below are some common causes for different types of noises heard on ellipticals.

### 6.1.1 CLICKING NOISES

A clicking noise that sounds as if something repeatedly makes contact with a moving part is different to a rubbing noise as there is a frequency of contact involved as opposed to permanent contact. You almost certainly will have to pedal the elliptical to hear the noise and maybe able to hear it by moving the pedals without standing on the machine. You may also be able to increase its volume and frequency by increasing the speed.

#### **Shoelaces**

Check that your shoelaces are securely tied and the loops in the laces are not too long or they may click on the opposite pedal as it passes or on the shrouds/arms/links etc.

### **Shroud Screws**

Check the shroud screws are tight or the joining plastic pieces can click as they stress from side to side.

### **Pedals**

Check the screws that secure the pedals to the pedal link are tight or the plastic pedal can click as it stresses from side to side.

### **Wheels**

Loose securing bolts on the wheels can cause them to click as they shift laterally under stress.

### **Frame/Arm Joints**

Check all bolts and nuts that secure the stride arms, pedal links and swing arms are securely tightened as explained in the General Maintenance section and the Assembly Instructions. Loose bolts may result in lateral movement that causes a clicking sound when there is play in the joining parts.

## **6.1.2 RUBBING OR SCRAPING NOISES**

A noise that sounds as if it is rubbing or scraping is almost certainly related to something making permanent contact with a moving part. You should be able to replicate the noise when no one is on the elliptical and possibly increase its volume by increasing the speed making it easier to diagnose.

Permanently moving parts on an operating elliptical include the pedals, arms and links including their bearings, the wheels, pulleys, drive belts, and the flywheel. If something is in permanent contact with one of these parts then the rubbing or scraping noise is likely to get louder as the speed increases.

### **Flywheel**

Check that the flywheel is not making contact with the flywheel cover which fits into a slot in the shroud.

### **Foreign Object / Debris on Wheel/s**

Check that nothing has become stuck on the wheels causing it to rub constantly as it runs along the aluminum rails. Remove wheels and swap them with the opposite side to help isolate which wheel is causing the problem. Clean wheels if dirty and replace if permanently damaged.

### **Brake Pad on Flywheel**

Check that the brake pad is not completely worn down meaning the metal bracket the pad attaches to would start making contact with the flywheel and scratching the top of it.

### **Inside Moving Parts**

Check that nothing, such as cables or wires is making contact with the drive belt, pulley or flywheel.

## **6.1.3 LOUD KNOCKING/POPPING/VIBRATION NOISES**

### **Loose Bolts**

Severely loose bolts can cause metal movement and result in loud noises and vibration. Check the front adjustable feet are balanced and locked and all frame connections (bolts/nuts etc.) are tight.

### **Bearings**

A damaged bearing in a stride arm, link arm, wheel, pulley or flywheel can result in a loud knocking sound and a thumping vibration as the bad bearing is put under stress.

## 6.2 GENERAL TROUBLESHOOTING CHECKLIST

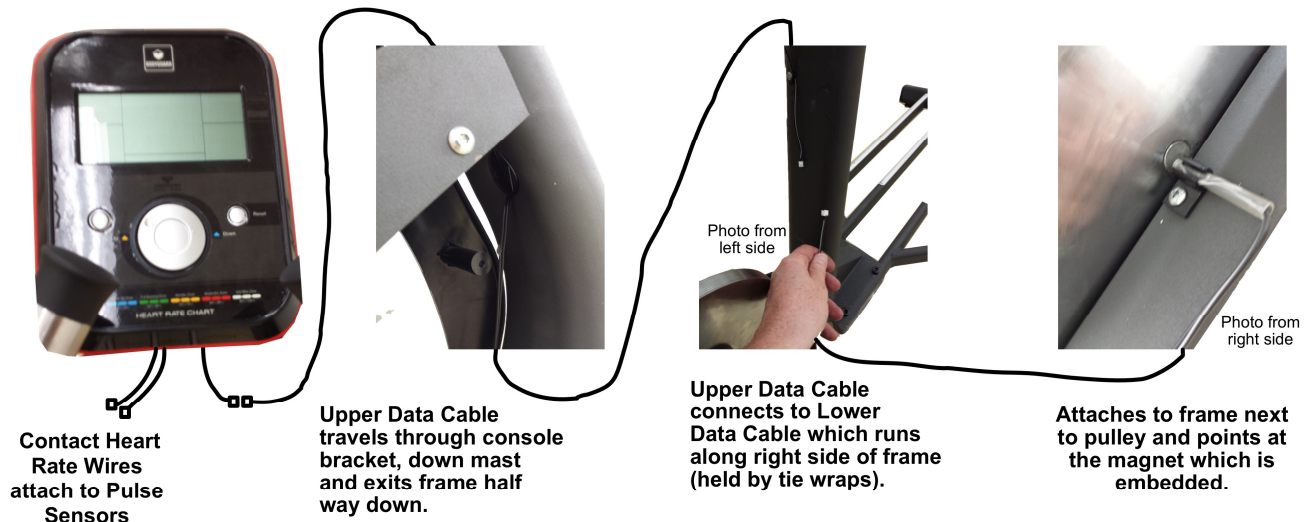
PROBLEM	POSSIBLE CAUSE	SOLUTION
Console not lighting Up	Note: If Data Cable is not connected to the console, the console should still light up when a button is pressed. 1) Batteries in console are flat 2) Damaged Console	1) Change batteries (2 x AA UM3, 1.5V) 2) Replace Console
Wheels squeaking or displaying loud operational noise.	1) Debris or pits (indentations) on wheels due to aluminum rails not being clean.	1) Clean wheels 2) Add a small amount of lubricant to aluminum rails with a clean cloth. 3) Rotate the position of the wheels from one side to the other (like on a car). Often the different position causes a different wear line on the wheel and stops any noise. 4) If noise persists, replace wheel.
Resistance not Changing	1) If resistance is not increasing check if the resistance knob is threaded. 2) If the resistance is not decreasing check if the spring attached to Brake Pad Bracket is broken meaning the pad is not getting pulled up away from the flywheel when the resistance knob is screwed up.	1) Replace Resistance Knob 2) Replace Brake Pad Bracket Spring



## 7 SERVICE GUIDES

The following Service Guides are a reference for certified technicians. Do not attempt to service a Bodyguard Fitness unit without professional training.

### 7.1 WIRING DIAGRAM



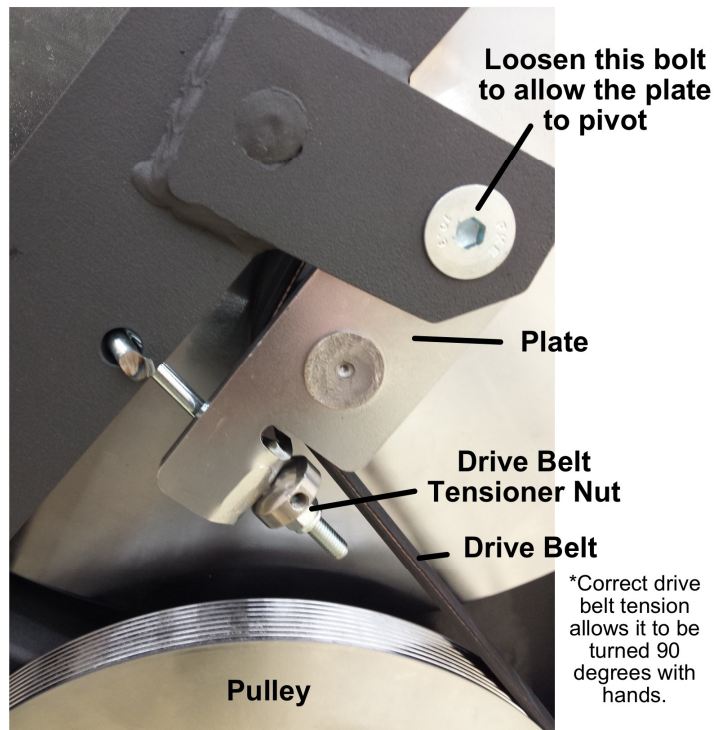
### 7.2 REMOVING PLASTIC CRANK COVER

If trying to remove the plastic crank cover note that the screws are beneath the silver line sticker. Carefully peel back the sticker so it can be reused when reinstalling the plastic crank cover.



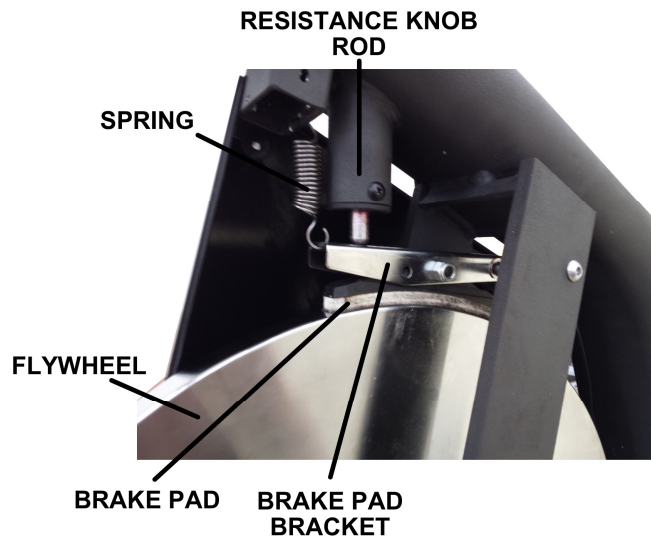
## 7.3 ADJUSTING DRIVE BELT TENSION

To adjust the Drive Belt tension, remove the shrouds and adjust the Drive Belt Tensioner Nut accordingly. Note that you may be required to loosen the plate bolt to allow the plate to pivot.

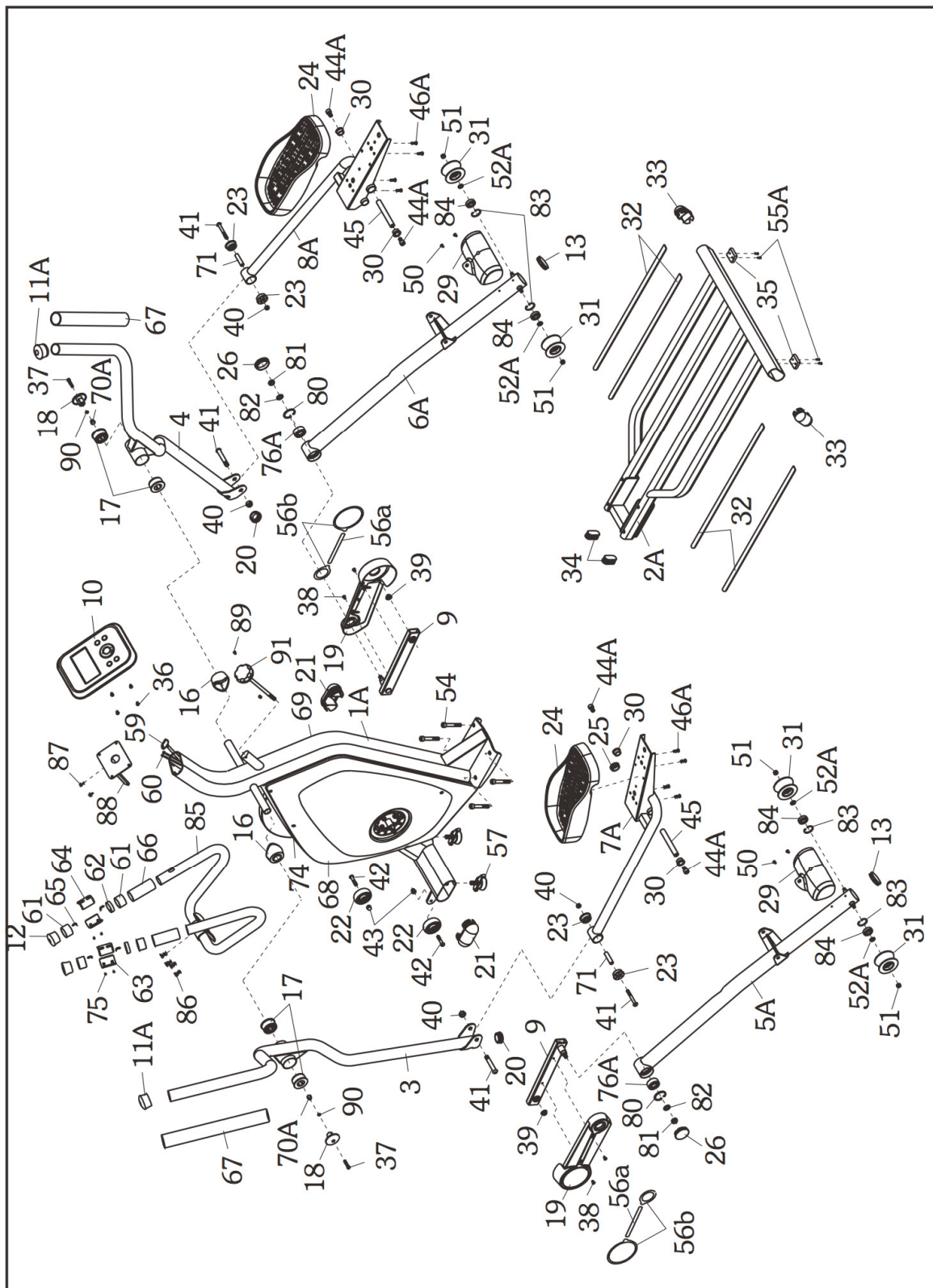


## 7.4 BRAKE PAD REPLACEMENT

To replace the Brake Pad, remove the shrouds, screw up the resistance knob rod, release the spring and unscrew the Brake Pad Bracket. Remove the worn pad and replace with a new pad. Reinstall Brake Pad Bracket, Spring and Shrouds.



## 7.5 E-40 EXPLODED VIEW



## 7.6 E-40 PARTS LIST

NO.	DESCRIPTION	Q'TY
1A	Main frame	1
2A	Rear frame	1
3	Swing arm L	1
4	Swing arm R	1
5A	Stride arm L	1
6A	Stride arm R	1
7A	Pedal link L	1
8A	Pedal link R	1
9	Crank	2
10	Console	1
11A	Swing arm cap	2
12	Contact Heart Rate Bar Cap	2
13	Stride arm end cap	2
16	Swing arm spacer	2
17	Swing arm axle bushing	4
18	Round locking cap	2
19	Crank cover	2
20	Lower swing arm end cap	2
21	Front foot end cap	2
22	Transportation wheel	2
23	Pedal link axle bushing	4
24	Pedal	2
25	Pedal link end cap	2
26	Stride arm end cap	2
29	Wheel cover	2
30	Pedal link bushing	4
31	Wheel	4
32	Aluminum rail	4
33	Rear foot end cap	2
34	Front rear frame end cap	2
35	Foot pad	2
36	Socket head screw M5 x 10	4

NO.	DESCRIPTION	Q'TY
37	Socket head screw M6 x 30	2
38	Flat countersunk head screw M5 x 10	4
39	Nut M10	2
40	Nylon nut M8	2
41	Round head bolt M8 x 67	2
42	Round head bolt M8 x 40	2
43	Domed nut M8	2
44A	Socket head bolt M10 x 16	4
45	Pedal link shaft	2
46A	Socket head screw M6 x 12	8
50	Round head self-tapping screw M4 x 12	4
51	Nylon nut M8	4
52A	Washer M8 x 2.0t x $\Phi$ 18	4
54	Socket head bolt M10 x 65	4
55A	Round head self-tapping screw M4 x 12	4
56A	Sticker a	2
56B	Sticker b	2
57	Adjustable pad	2
59	Upper data cable	1
60	Contact heart rate wires	1
61	Hand pulse grip	4
62	Pulse spacer	2
63	Pulse lid A	2
64	Pulse lid B	2
65	Leaf spring	4
66	Foam grip A	2
67	Foam grip B	2
68	Chain cover L	1
69	Chain cover R	1
70	Nut M6	2
71	Spacer	2
72	Logo L	1
73	Logo R	1
74	Flywheel cover	1
75	Pan head screw M3 x 10	4

<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
76A	Self-aligning bearing	2
80	C-rings	2
81	Nylon nut	2
82	Washer $\Phi 13 \times \Phi 23 \times 1.0t$	2
83	C-rings	4
84	Bearing 6002ZZ	4
85	Contact heart rate bar	1
86	Flat head bolt M8 x 20	4
87	Socket head screw M5 x 10	2
88	Console bracket	1
89	Round head screw M4 x 8	2
90	Washer M6 x 1.0t x $\Phi 10$	1
91	Resistance knob	1

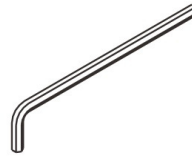
## 9 ASSEMBLY GUIDE

### Hardware parts list



x 8

(46A) Socket head screw M6 x 12

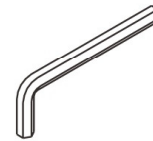


5mm Hex Key



x 2

(41) Round head bolt M8 x 67

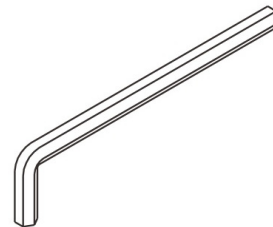
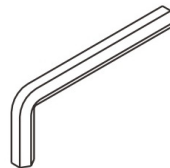


6mm Hex Key



x 2

(40) Nylon nut M8

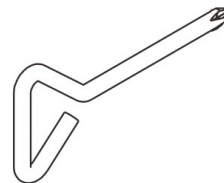


8mm Hex Key



x 4

(44A) Socket head bolt M10 x 16

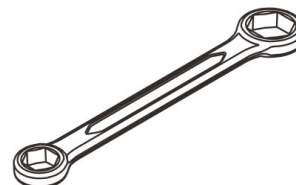


Screw driver



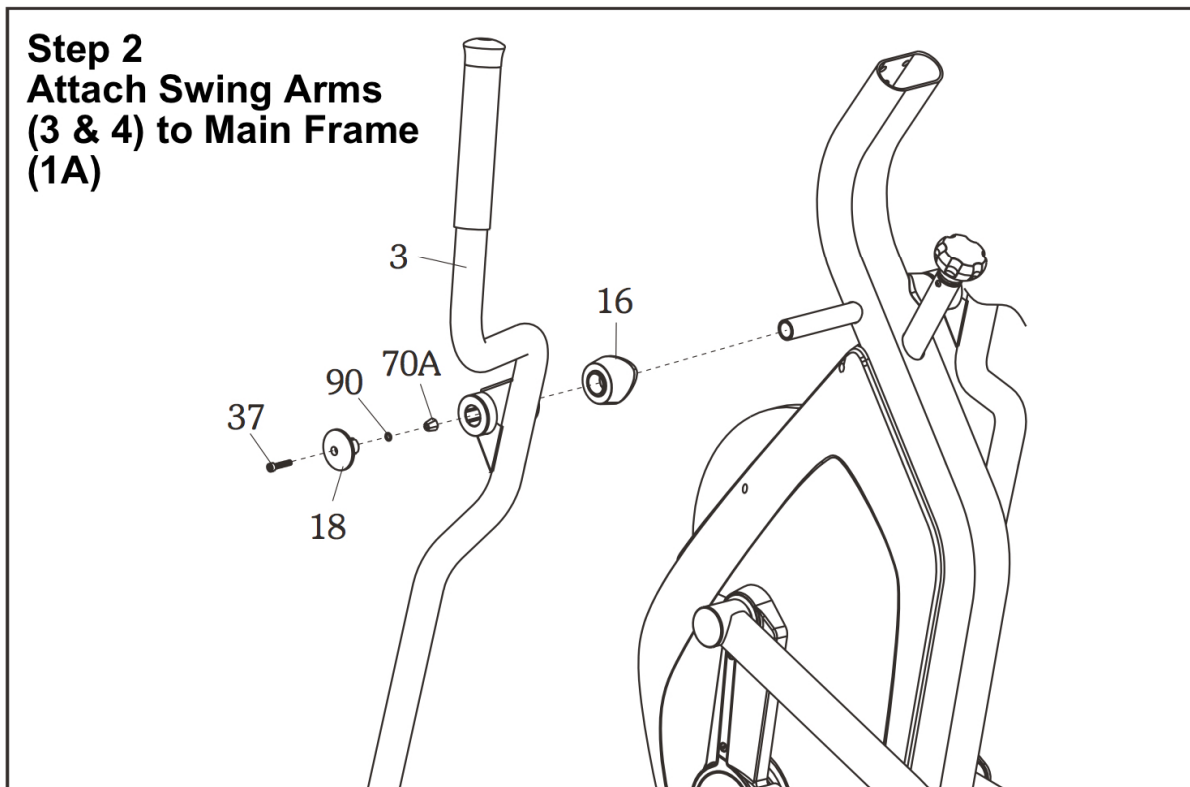
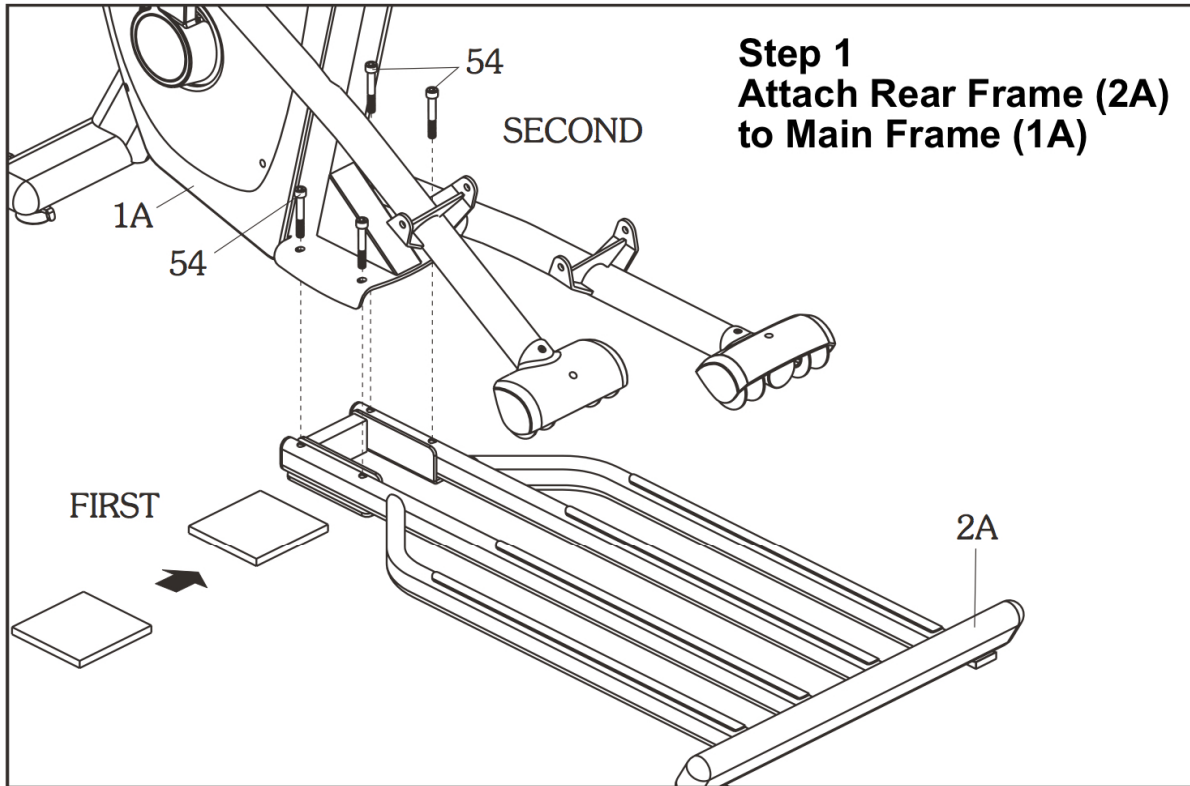
x 4

(54) Socket head bolt M10 x 65



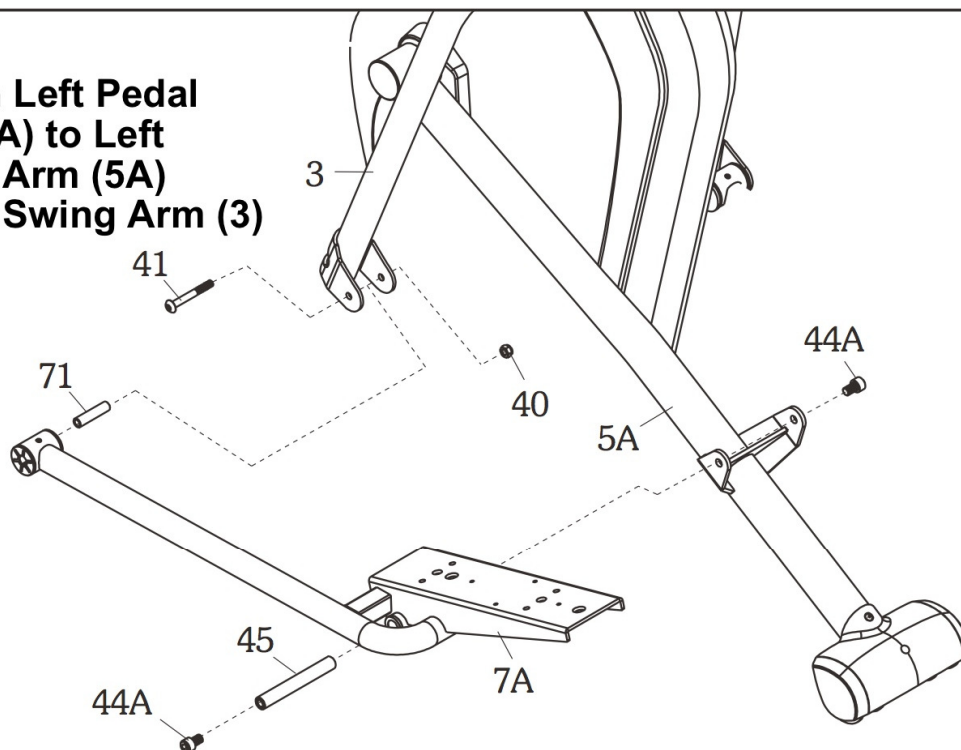
13mm & 17mm wrench



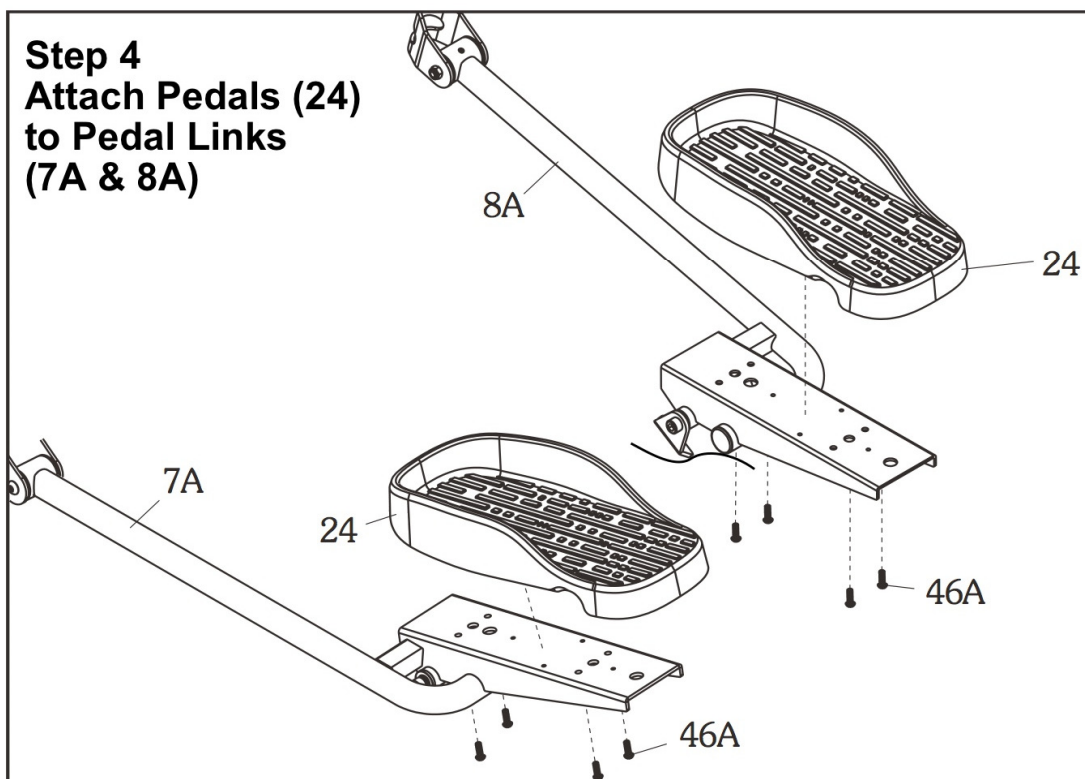




**Step 3**  
**Attach Left Pedal**  
**link (7A) to Left**  
**Stride Arm (5A)**  
**& Left Swing Arm (3)**



**Step 4**  
**Attach Pedals (24)**  
**to Pedal Links**  
**(7A & 8A)**



**Step 5**  
**Attach Console Bracket (88)**  
**to Main Frame (1A).**  
**Thread through the Upper**  
**Data Cable (59) being sure**  
**not to damage it.**

